


A PUBLICATION OF HERITAGE MEDICAL CENTER



Learn about
cardiac
stress tests

See page 4

HeritageMedicalCenter.com • Volume 8, Issue 2

PAGE 3

**Play it safe
this spring**

PAGE 5

**What to ask your
pharmacist**

PAGE 6

**Is your heart
aflutter?**

PAGE 7

**Ladies: Get
screened!**

Healthbriefs

› Multivitamins may lessen cancer risk

Ever wonder if that multivitamin you take every morning is actually having a health benefit? Well, for men, it may lower the risk of cancer, according to a new study published in *The Journal of the American Medical Association*. The study tracked more than 14,000 male doctors, all at least 50 years old, who were randomly assigned to take either a multivitamin or a placebo each day. After about 11 years, researchers found an 8 percent reduction in total cancers among men who took the multivitamins. However, the study found no impact on rates of prostate cancer, the most common type of cancer among the men in the study.

While the connection between multivitamins and cancer risk is still unclear, scientists hypothesize that multivitamins may help because they mimic the content of fruits and vegetables, which have been linked with cancer reduction. Multivitamins are beneficial in preventing vitamin and mineral deficiencies.

› What's the beef?

A juicy, pan-fried steak can sure hit the spot. But that delicious piece of red meat may actually increase your risk of prostate cancer by up to 40 percent. A new study examined the data of nearly 2,000 men involved in a prostate cancer study and asked them questions about the types of meat and poultry they ate, how they cooked it and how well done they liked their meat. The results showed that men who ate more than 1.5 servings of pan-fried meat per week increased their risk of advanced prostate cancer by 30 percent, and those who ate more than 2.5 servings per week increased the risk by 40 percent.

Researchers think that the increased risk results from cancer-causing chemicals that are formed when sugars and amino acids are cooked at higher temperatures for longer periods of time. To lower your cancer risk, limit the amount of fat you consume from animal sources, and instead eat plenty of fruits and vegetables and foods such as whole grains and beans.



› Secondhand smoke affects more than your lungs

If you misplaced your keys this morning, don't be so quick to blame your age. In addition to affecting your lungs, new research suggests that secondhand smoke may contribute to memory lapses, too. When comparing the memory function of a group of smokers to two groups of nonsmokers, scientists found that smokers performed the worst on memory tests, forgetting 30 percent more than nonsmokers who weren't exposed to secondhand smoke. Interestingly, one group of nonsmokers—people who had been regularly exposed to secondhand smoke for an average of more than four years—forgot almost 20 percent more in the memory tests than the nonsmokers who weren't exposed to secondhand smoke.

Avoiding secondhand smoke can have numerous benefits because smoking is also linked to other serious conditions, such as lung cancer. For some, memory loss may be unavoidable, but keeping your mind active may help strengthen your memory. Change up your routine and challenge your mind with new situations. Exercise, such as walking, and games, such as puzzles, are a great way to work out your mind.





The game plan: Avoid sports injuries

➤ While physical activity is key to overall health, doing too much too quickly—or without proper training or equipment—can take a toll on your health in the form of an injury. But fear not: You can help prevent sports injuries by taking a few simple precautions.

Gain without pain

Middle-aged athletes are particularly vulnerable to injury. Why? With age comes a loss of agility and resilience, especially if it's been a while since you've been active. While you can certainly gain strength, flexibility and balance through exercise, slow and steady is the name of the game. To help prevent injury, follow these do's and don'ts:

- **Don't try to pack a week's worth of activity into a weekend.** Aim to maintain a moderate level of activity throughout the week.
- **Do warm up before exercise,** even before less vigorous activities like golf. Cool down after vigorous activities to

bring your heart rate down gradually.

- **Do use proper form** to reduce your risk of overuse injuries like tendinitis and stress fractures.
- **Do use appropriate safety gear.** Depending on the sport, this may mean knee or wrist pads or a helmet. Make sure your equipment is the correct size, fits well and is in good repair.
- **Do accept your body's limits.** You may not be able to perform at the same level you did 10 or 20 years ago. Modify activities as necessary.
- **Don't increase your exercise level too quickly.** Build up gradually, especially if you've been inactive.
- **Do cross-train.** Not only does striving for a total body workout of cardiovascular, strength training and flexibility exercises promote overall fitness, it also reduces injury risk.
- **Do stay hydrated.** Drink water before, during and after your workout—aim for about a cup of fluid every 20 minutes while exercising. ●



Injury symptoms

Never try to “play through” pain. Exercising after an injury may worsen the injury. Sports injuries can be classified into two types: acute and chronic. Acute injuries, such as sprained ankles or fractures, occur suddenly. Symptoms may include:

- a bone or joint that's visibly out of place
 - extreme leg or arm weakness
 - inability to move a joint or place weight on a leg, knee, ankle or foot
 - sudden, severe pain
 - tenderness or swelling
- Chronic injuries, such as tendinitis or stress fractures, occur over time due to repeated use or overuse. Symptoms may include:
- a dull ache at rest
 - pain when you play or exercise
 - swelling



Worried about an injury?

Call your doctor if you experience any of the symptoms listed above.

Stress test: What you need to know

When your doctor recommends a stress test, it's all too easy for butterflies to show up in your stomach. But this simple procedure can help detect changes, which may prevent you from suffering a heart attack, or worse, succumbing to the number one cause of death in America.

Your heart works harder and pumps more blood when you're exercising, so being in this active state during the test can help your doctor figure out how freely blood is flowing through your arteries. An exercise stress test may cause your body to show symptoms of coronary heart disease that aren't apparent when you're at rest.

Getting ready

Since you'll be walking and possibly jogging on a treadmill, dress as you would for a daily stroll. Think comfortable, loose-fitting clothes and your favorite tennis shoes. Avoid eating for about four hours beforehand. Food might make you feel sick during the test or potentially interfere with the process.

What to expect

You're going to be walking on a treadmill or riding an exercise bike, but first, a blood pressure cuff will go on your arm and some patches on your skin. The patches attach to an electrocardiogram machine to track your heart's activity. Next, you'll start walking on the treadmill, and the speed and incline will increase about every three minutes. You also may be monitored for several minutes after you stop walking.

The time you spend on the treadmill depends on everything from your fitness level to how you respond to the test. In general, you might expect the test to last 10 or 15 minutes.

For patients unable to walk on the treadmill, doctors may use medicine to stress the heart instead of exercise.

A stress test is considered low risk, and you're carefully monitored throughout the process. "If anything were to arise, it would be better to happen in a monitored setting than a grocery store or running on a track," says Tina Gresham, M.D., a cardiologist at Heritage Medical Center.

The results

A stress test provides immediate results, so you may find out something sooner rather than later. It all depends on the procedures where the test is administered and your doctor's availability. "Our hope is that we'll be able to give you good news: no evidence of blockage at this time," Dr. Gresham says. "However, the test is just a screening tool. If your symptoms persist, you need to inform your doctor so that further testing can be done." ●



TINA GRESHAM, M.D.
Cardiologist

Dr. Gresham is a member of the medical staff at Heritage Medical Center.



Are you at risk?

Dr. Gresham is accepting new patients at Heart of Murfreesboro, 268 Veterans Parkway, Suite F, Murfreesboro.

To schedule an appointment, call (615) 890-1107.



10 questions to ask your pharmacist

BY PHIL KING, D.Ph, PHARMACIST AT HERITAGE MEDICAL CENTER

➤ Are you playing an active role in your healthcare by asking the right questions of your pharmacist? You have the right and the responsibility to know everything you can about your medications. Knowing about your medications is as easy as PIE:

- **P** = purpose and name
- **I** = instructions for use and dosage
- **E** = effects of the medication, both positive and negative

Below are 10 questions you should ask your pharmacist every time you get a new prescription filled.

[1] What is the name of the medication?

Most medications go by two names, the brand name given by the company that markets the drug and a common, or generic, name. Although your healthcare provider might have prescribed your medication by its brand name, your insurance plan may require you to try the generic version first.

[2] What is the medication supposed to do?

Know which conditions or symptoms your medication is expected to improve so you can tell whether it's working.

[3] When and how should I take the medication?

Some medications should be taken only with food, others on an empty stomach. Some are supposed to be taken at night.

[4] For how long should I take the medication?

Serious complications can arise if you don't take your medication long enough or if you take it for too long. You should

usually take antibiotics, for example, until they're gone, even though you may feel better after a few days.

[5] What if I miss a dose?

If you forget to take your medication as scheduled, don't assume you should take a double dose unless your doctor advises you to. Ask your pharmacist in advance what to do.

[6] What are the side effects?

Although everyone is different, all drugs cause side effects. Learn which side effects are common and which ones may be warning signs of complications that require a call to your doctor.

[7] What foods, drinks or activities should I avoid?

Certain foods and beverages and even exercise can impair a medication's ability to work properly.

[8] Will this medication react with anything else I take?

Tell your pharmacist about medications you take, including over-the-counter drugs like aspirin, antacids, vitamins and mineral supplements.

[9] How should I store it?

Some medications need to be kept in the refrigerator, out of sunlight or away from a bathroom's humidity to retain potency.

[10] Can I get refills?

Your pharmacist will label the bottle to show how many refills are available for your prescription. Know how many refills you have left when you see your provider again. ●



“You, your doctor and your pharmacist are a team working together to maximize the benefits of your medication.”

—PHIL KING, D.Ph



Need a doctor?

If you need a primary or specialty doctor, visit [HeritageMedicalCenter.com](https://www.HeritageMedicalCenter.com) and choose “Find a Physician.”



HealthWise QUIZ

How much do you know about allergies and asthma?

> TAKE THIS QUIZ TO FIND OUT.

Heart palpitations: Causes and treatments

If you've ever felt your heart pounding in your throat during a tough workout, you know what heart palpitations feel like. In fact, most of us have felt heart palpitations at one time or another—the heart flutters, pounds, races or seems to skip a beat. While episodes of irregular heartbeat are common and often harmless, they can sometimes signal a more serious condition.

Heart palpitations can have a variety of everyday causes, including:

- asthma, cold and cough medications that contain stimulants
- caffeine
- fever
- hormone changes during menstruation, pregnancy or menopause
- nicotine
- strenuous exercise
- stress or anxiety

Sometimes heart palpitations are a symptom of another condition, such as hyperthyroidism, an overactive thyroid gland, or arrhythmia, an abnormal heart rhythm.

The beat goes on

If your doctor determines that your palpitations result from another medical issue, treatment will focus on managing the underlying condition. If your doctor has ruled out other conditions, the best way to prevent heart palpitations is to avoid your triggers. Try these strategies:

- > **Avoid stimulants.** Limit caffeine intake and talk with your doctor before taking any over-the-counter medicine or supplements. Your doctor may suggest changing your current medication if a drug you take regularly is found to be the source of the palpitations.
- > **Reduce stress and anxiety.** Try exercising more, talking with a friend or practicing relaxation techniques like meditation.
- > **Don't smoke.** If you currently smoke, talk with your doctor about getting help to quit. ●

When do I need a doctor?

If you've never experienced palpitations before, see your doctor to put your mind at ease. If your palpitations are infrequent and last only a few seconds, evaluation usually isn't necessary. If you have a history of heart disease or have frequent palpitations, talk to your doctor. Call your doctor right away if you have:

- > more than six extra heartbeats per minute or they come in groups of three or more

- > risk factors for heart disease, such as high cholesterol, diabetes or high blood pressure
- > new or different heart palpitations
- > a pulse more than 100 beats per minute at rest

Seek emergency medical help if heart palpitations are accompanied by:

- > chest discomfort or pain
- > fainting or severe dizziness
- > severe shortness of breath

1 All of the following are common allergens except:

- a. pollen
- b. dust
- c. wood
- d. food

2 Anaphylaxis is:

- a. an allergy to latex
- b. a serious, life-threatening allergic reaction
- c. a type of asthma
- d. a minor allergic reaction that doesn't require treatment

3 Which of the following is a type of asthma?

- a. exercise-induced asthma
- b. allergic asthma
- c. occupational asthma
- d. all of the above

4 Symptoms of an asthma attack may include:

- a. wheezing, shortness of breath and chest pain or tightness
- b. sudden numbness, especially on one side of the body
- c. memory loss and difficulty learning new information
- d. a bright red rash that covers most of the body

5 Asthma medications may include:

- a. inhaled corticosteroids ("control" medicine)
- b. short-acting beta-agonists ("rescue" medicine)
- c. both a and b
- d. none of the above

Answers: 1. c, 2. b, 3. d, 4. a, 5. c



Women: Screenings for you

➤ Your best weapon in the fight against disease? Early detection. Generally, the earlier a condition is caught, the more effective the treatment and the more likely you'll be to ward off any complications.

Numerous medical organizations have developed screening recommendations, and opinions vary on the timing and frequency of these screenings. Because of your personal or family medical history, your doctor may recommend a different schedule than the one below. As always, talk with your doctor about the screening schedule that's right for you. ●

Test	What it does	When to get it	Recommendations from ...
Blood pressure screening	Measures the force of blood against artery walls	➤ Age 18+, at least every 2 years	Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure
Bone mineral density test	Screens for osteoporosis (weak, brittle bones)	➤ Age 65+, at least once	National Osteoporosis Foundation
Clinical breast exam	Physical exam for breast lumps or irregularities	➤ Age 20–39, every 3 years ➤ Age 40+, yearly	American Cancer Society
Colon cancer screening	Tests for colon cancer	➤ Beginning at age 50, women should follow one of two schedules: ① Tests that find polyps and cancer: flexible sigmoidoscopy every 5 years, colonoscopy every 10 years, double-contrast barium enema every 5 years or CT colonography (virtual colonoscopy) every 5 years ② Tests that mainly detect cancer: fecal occult blood test every year or fecal immunochemical test every year	American Cancer Society
Diabetes screening	Tests for high blood sugar	➤ Age 45+, every 3 years	American Diabetes Association
Eye exam	Tests vision and eye health	➤ Age 18–60, every 2 years ➤ Age 61+, yearly	American Optometric Association
Fasting lipoprotein profile	Tests cholesterol levels, a measure of heart health	➤ Age 20+, every 5 years	National Cholesterol Education Program Expert Panel
Mammogram	Tests for breast cancer	➤ Age 40+, yearly	American Cancer Society
Pap test	Tests for cervical cancer	➤ Age 21–29, every 3 years ➤ Age 30–65, Pap test plus HPV test every 5 years	American Cancer Society

Health Connection is published as a community service of Heritage Medical Center. There is no fee to subscribe.

The information contained in this publication is not intended as a substitute for professional medical advice. If you have medical concerns, please consult your healthcare provider.

Copyright © 2013 Heritage Medical Center

VOLUME 8, ISSUE 2



HeritageMedicalCenter.com

70BCM



A message FROM OUR CEO

DAVID BUNCH
Chief Executive Officer

.....

we're delighted with our accomplishments and excited about our bright future ahead.

Tennessee native

After spending many years in various healthcare leadership roles, it's my distinct honor to be in middle Tennessee and have the opportunity to lead HMC into the future. I'm a native of east Tennessee, and I'm joined by my wife and two sons.

Key to success

In the coming issues of *Health Connection*, I'm proud to bring you news of our recent advancements and progress. One key to our success is bringing together a team that shares a common goal. In our case, this common goal is an absolute commitment to providing quality medical care for our community, as well as a commitment to fill unmet medical needs in our area by bringing new healthcare services and providers to serve you.

I'd like to commend all of the medical staff, nurses and employees on the front lines who share this same mission: providing a place where clinical expertise and

DEAR FRIENDS,

Spring is in full swing, eliciting hope for a fresh start, new beginnings, growth and development. At

Heritage Medical Center (HMC),

advanced technology blend seamlessly with sincerity and compassion.

Please feel free to stop by my office and say hello. I'm truly excited to be in Shelbyville and to serve this great community.

Best regards,

David Bunch

Chief Executive Officer
Heritage Medical Center

Check us out online!

Looking for information on a specific health condition? Look no further than Heritage Medical Center's website, **HeritageMedicalCenter.com**, your link to the world of interactive medical information. By visiting us online, you can:

- explore interactive wellness, health and fitness tools
- tour an expansive online video library
- find a primary or specialized doctor
- get updated on the latest health news stories

We're adding new tools, information, news and updates all the time so be sure to check back often and let us know how we're doing!